

Spicy Oriental Snow Peas

Ingredients:

- 1 pound snow peas, washed and trimmed of stems and strings
- 3 tablespoons reduced-sodium soy sauce
- 4 tablespoons rice vinegar
- 2 tablespoons brown sugar
- 1 tablespoon cornstarch
- 1/2 teaspoon Chinese five-spice powder
- 1 teaspoon sesame oil
- 1 garlic clove, chopped
- Crushed red pepper, optional



Directions:

Bring a large saucepan 3/4 full of water to a boil. Add the peas, reduce heat and simmer for 2 minutes. Drain the peas then plunge them into a bowl of ice water to stop the cooking. Drain again thoroughly and set aside.

To prepare the sauce, combine the soy sauce, rice vinegar, brown sugar, cornstarch and five-spice powder in a small bowl. Stir until the cornstarch and seasonings have dissolved.

In a large skillet, heat the sesame oil over medium heat. Stir in the garlic and peas. Increase the heat to high, stirring frequently. Pour in the soy sauce mixture and cook until thickened, 1 to 2 minutes. Sprinkle with crushed red pepper, if desired. Serve immediately.

Nutritional Analysis (per serving)

Calories 107

Cholesterol 0 mg

Protein 4 g

Sodium 440 mg

Carbohydrate 19 g

Fiber 3 g

Total fat 1 g

Potassium 255 mg

Saturated fat < 1 g

Calcium 3 mg

Monounsaturated fat 0.5 g

Source: www.mayoclinic.com/health/healthy-recipes/NU00555